

Sure, recycling pop cans and paper makes sense to help the environment.... but how does tobacco, alcohol and drug use influence the environment?



Webster's dictionary (you know the one you're suppose to use to look up stuff) states that the word environ means "to surround". You

see the environment is more than just the land, air, water and living creatures we share on this earth. It's also the social conditions surrounding us.

One way to prevent problems with tobacco, alcohol and drug use is to change the "environment" that makes using those substances seem "ok", "cool", or "fun".

So, environmental prevention is all about working together to make a healthy drug-free community (school, neighborhood, city, state, USA). Surround our community with healthy drug-free conditions, a healthy drug-free environment.



Want to help? Each person can make a big difference in changing our environment for the better. Here's how....

- Be a drug-free role model to others (especially your friends and people younger than you). The "drinkers" are always bragging about their great weekend – how about drug-free bragging too!
- Join a drug-free school or community group and participate in activities that show you care about being drug-free. (Join LCAD's Teen Prevention Planners! It's great fun!)
- Look at TV ads and Magazine ads and notice if you think they are being truthful or if they are trying to get young people to buy alcohol. SPEAK OUT!
- When you watch TV or go to the movies notice if the actors are smoking tobacco or drinking alcohol – everything is done on purpose in TV and movies so they want you to notice that – does it make the people seem "cool" or "fun" or could they have not had the actors use tobacco and alcohol.
- Volunteer to help with compliance checks (that's when the police and community agencies go out and see if stores or restaurants sell or serve to people under age). Call LCAD and join our TEEN PREVENTION PLANNERS.
- When you go to a restaurant that is smoke-free tell them how cool that is – and if you go to a restaurant that isn't smoke-free tell them you'd come back more often if there wasn't smoking allowed.
- Be a part of RED RIBBON WEEK through school or community activities.
- Let your school know you care about a drug-free campus and you want them to enforce the "no smoking" policy for Lincoln Public Schools.
- Write letters and articles for the school newspaper and also the Lincoln Journal Star about being drug-free and also when adults are not promoting a healthy drug-free community speak up about it.

● Start your own school's environmental change – design and put up posters (with schools permission) that promote staying drug-free.

● Never forget that even one person can help change the environment – but ask a friend then there will be two of you.



● It's your environment.... if you want it to be drug-free then make it so!

If you'd like to get more involved in changing the environment around you, call us to find out how you can join Teen Prevention Planners--or visit our website at [www.lcad.org](http://www.lcad.org) and access the youth pages for more information.



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## OUR ENVIRONMENT AND SUBSTANCE USE



## WHAT'S THE CONNECTION?